FAW FTC
Fury Training Circular

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FAW Introduction

The FAW program is a leadership driven initiative established to enhance the fitness culture throughout the ranks of 4BCT, 82nd ABN DIV. The FAW program is a comprehensive wellness kit bag that challenges all Paratroopers throughout the Brigade to understand and incorporate a more METL driven fitness program within their formations. The principles laid out in this manual guide the Paratrooper in the creation of a flexible, battle focused physical plan of action that can measure the individual and the units' effectiveness based on combat experience and strength of knowledge. FAW is based on the Ranger human performance initiative program "RAW". TF Fury looked to Danny McMillian, creator of the RAW program, and the RAW PT manual as a template in which our FAW program would establish legitimacy. This FM is a working document, dedicated to the wellness and physical readiness needs of all our Paratroopers. The FAW FM will help create and maintain fitness knowledgeable Fury Athlete Warriors throughout all our ranks. As the concept for FAW was being defined, three objectives, performance, controlled injuries and a standardized knowledge base not standardized PT became the foundation in which FAW was to be built and maintained.

Performance – Knowledge and experience will allow us to train in ways that build upon the Paratrooper's tradition of exceptional physical performance. Fury Brigade will be armed with ideas for daily improvement techniques, and create short and long term fitness goals and objectives focused on the individual, not the group as a whole. We must understand that individual performance can be measured by doing what you can with what you have. We all perform differently and must work within our performance level with the objective to improve individual performance.

Control Injuries - Injury prevention is the essential element. Sound training practices control injuries and improve performance. A Paratrooper returning from an injury will have all the tools and resources at their disposal to independently and effectively manage their road to a full recovery. Beach muscle regimens and overzealous egos have to be checked at the door. FAW strength, conditioning and movement skills training will not only decrease the likelihood of injuries, but when applied effectively will also dramatically improve individual performance…

Standardize knowledge by not Standardizing PT-
We will educate the Fury Warrior with the knowledge necessary to independently and confidently enhance the individual and unit's physical readiness to an unfamiliar but welcomed level. The goal is that each leader understands and applies the concepts suitable to outcome based training and the FAW into every PT session.

FAW will train representatives from the battalions (at least one per company, ultimately at least three) to become our subject matter experts. The intent is for those select few, alongside the BDE physical therapist, nutritionist, and FAW team to be the primary resources for FAW training, scheduling and assessment recording.

Leaders at all levels will understand the philosophies and principles …**FAW LAW**.

Bottom line: Paratroopers are one of our nation's most precious fighting tools and the FAW program that is outlined here will guide them home when faced with what may seem like insurmountable odds and ambiguous operational environments. Now….Let's Get After It!

The FAW program was developed with the intent to cultivate a knowledge based fitness culture that enhances arming Paratroopers through education and physical training which ultimately optimizes the performance of our most lethal weapon… the individual FAW.

END STATE: FAW Program produces self-sustaining, combat capable wellness systems that ensure all warriors are fully prepared for the extreme rigors of combat!!!!

Prepare to effectively manage the demanding physical requirements of combat operations by developing an understanding of the fitness principles that guide the program such as core strength focus, muscular endurance, stamina and Functional flexibility, functional balance, Power!!!

- **Receive screening/education for injury prevention and prompt, effective, and thorough treatment to include rehabilitation of injuries when they do occur.**

- **Employ mental toughness skills to enhance personal and professional development.**

- **Understand and implement sound nutritional practices. Manage calorie intake in order to maximize energy and stabilize hormones.**

FAW Philosophy (FAWisms)

- The individual Paratrooper is the Brigades' most lethal weapon.
- You don't know how tough your next enemy will be. He will not lower his standards to yours so we have to know we are above his. The enemy doesn't know we care about age or other excuses.
- You don't know exactly what the physical requirement will be on your next mission. Assume it will be demanding and austere.
- Combat missions require strength, endurance, and movement skills…excelling in only one or two of these areas leaves you vulnerable to poor performance and/or injuries.
- Training hard is not enough; you have to train smart as well. If you don't have a plan you are planning to fail. This requires cognitive thought. Plan your work and work your plan. Keep your training comprehensive, systematic and progressive.
- Speed and quickness is a must. Keep in mind that mobility equals survivability
- As an individual, a team, a squad, or a platoon, you are only as strong as your weakest link. Don't have a weak link. FAW facilitates workouts for athlete warriors starting at all levels. NO TROOPER LEFT BEHIND.
- Form matters. Master the exercise techniques and demand proper execution from your Paratroopers. You must think self preservation and longevity. If you preserve the 'Self' you preserve the 'Force'
- The body adapts to the stress you place upon it. This takes time. Cells aren't necessarily on the same schedule as your head and your heart. In other words, be consistent, be patient, and think of improvement over weeks and months, not days.
- Don't crush yourself every day. Respect the need for recovery. FAW scheduling guidance incorporates some degree of recovery, but leaders must be attuned to their soldiers and modify the training stress appropriately.
- Fuel the machine. Don't train well then blow it with a lousy diet. Have a plan for hydration, balanced meals/snacks and stick to it.

- Take care of your injuries before they become chronic. Playing while hurt is necessary on occasion, but doing it too long may leave you beyond the help of therapy or surgery. Ice is an injury's best friend.

- Keep your head in the game. Historically, Paratroopers have been defined more by their minds than their bodies. Similarly, most athletes claim their performance is as much mental as physical, yet they seldom train or have a plan for developing mental toughness. Paratroopers need to recognize their ideal performance state and be able to call upon it at a moment's notice.

- Learn all you can about your mind, your body, nutrition, and exercise and then apply that to the task at hand…making you and your Paratroopers the best tactical athletes on the planet.

- Giddy Up and Get After it…FAW will help.

Bottom Line: Train right, eat right, and sleep right, and head in the game…ALWAYS.

FAW Nutrition

In preparing yourself for your success in your military career, paying attention to your nutrition is crucial. After all, how and what you eat will either improve your ability to succeed or contribute to your failure.

Would you ever consider putting the wrong type of fuel in your car or truck? Of course not! You put the correct fuel in your car so that it will run smoothly and efficiently as it gets you from place to place. In this respect, your body is much like your car. You must fuel your body properly in order for it to perform optimally. The fuel your body requires to function at an optimal level is a combination of nutrients.

The Six Essential Classes of Nutrients

- Carbohydrate
- Protein
- Fat
- Water
- Vitamins
- Minerals

Carbohydrate

Carbohydrates are the ultra-premium energy nutrient. Foods high in carbohydrates include pasta, bread, lentils and fruit. When you digest carbohydrates, they become blood sugar. Blood sugar is then converted into glycogen, which is stored in your muscles and liver as your body's premium source of energy. However, this high performance fuel burns up quickly and your body does not store it in large amounts. To store enough glycogen for fuel and top performance, you should get 55 to 70 percent of your calories from carbohydrates.

Protein

Protein is to build and repair muscles and other tissues, and for synthesizing hormones. Protein from food is broken down into amino acids which are then rebuilt into the protein in muscle and other tissues. Physically active persons need more protein than do more sedentary individuals. Surprisingly, research shows that endurance-training athletes need even more protein than do weight-training athletes. To support your protein demand, only 12 to 15 percent of your calories need to come from protein. In a pinch, protein is also a backup energy source, but don't rely on protein for energy. When you burn protein, it is because you are low on carbohydrates. If you are burning protein, you are actually burning valuable muscle tissue, which weakens your muscles. You can get all the protein you need from food. Protein is found in foods like meat, dried beans and dairy products. You do not need protein supplements to get sufficient protein for top performance. Your daily meals and snacks can easily give you the amount of protein you need, even for intense physical training. Remember too much protein can hurt your training performance. It can dehydrate you and cause a loss of calcium, a mineral important for bone strength.

Water

Water is critical to performance. Your body is more than half water. Water processes carry nutrients through your bloodstream. It assists digestion and brain function. Water also keeps joints, eyes and air passages moist. During physical activity your muscles heat up. The water stored in your body helps cool it down. This cooling process pulls water out of your body in the form of sweat. If you do not replace body water losses, you become dehydrated. Dehydration significantly affects performance, causing a variety of symptoms ranging from fatigue to disorientation and even death. Dehydration can occur quickly so you should drink water often - before, during and after physical activity. If you wait until you are thirsty, you are already dehydrated. Water is the number one performance enhancing supplement period. Make a habit of pre-hydrating when you wake with one quart down the hatch.

Fat

Fat supplies energy, but it takes a while to kick in. Fat needs more oxygen than carbohydrates to be burned for energy, so fat cannot fuel high-intensity activity. It also takes time for your body to transport fat from your fat cells to your muscles. This means that fat does not fuel quick bursts of activity. However, fat does provide an important fuel source for prolonged activities like long training runs. Unlike glycogen, your body can store more fat than you will ever need.

Fat from foods such as cheeseburgers, whole milk, donuts, and chips are broken down by the body at slower rates staying in your stomach longer. This may cause you to feel sluggish, impacting your mental and physical performance. A high fat diet also contributes to obesity and increases your risk of developing heart disease, stroke, and cancer.

Although too much fat in the diet is not a good thing, too little in the diet is also considered harmful. Besides fat being an energy source in endurance activities it, also transports fat-soluble vitamins. To take advantage of the good things that fat provides, and to avoid the negative impacts, your diet should limit fat intake to 20 to 25 percent of your daily calorie intake. This would range from 55 grams per day for a less active female to 120 grams per day for an active male. If you have trouble keeping weight on, you can increase your fat intake to 30 percent. Cutting just one piece of fast food out of your diet can make a world of difference.

Vitamins & Minerals

Vitamins and minerals will not give you energy, or make you faster or stronger. However vitamins and minerals do help other nutrients work so that all of your body functions operate smoothly. Eating a variety of wholesome foods should give you all of the vitamins and minerals you need for top performance. If you cannot or choose not to eat a balance of foods, a multivitamin supplement with no more than 100% of the Recommended Dietary Allowances (RDA) is your best alternative.

Women that participate in heavy physical activity are more prone to iron and calcium deficiencies. One reason women are more susceptible to these deficiencies is that many are concerned with weight gain. This often keeps them from consuming enough calories and causes them to eliminate certain foods. Increased iron losses due to exercise, menstruation and restricted food intake increase the risk of iron deficiency. Research shows that a common side effect of strenuous exercise is the loss of menstruation, or amenorrhea. The hormonal changes associated with amenorrhea contribute to calcium loss from bones, increasing a woman's risk of stress fractures and osteoporosis. Inadequate calcium in the diet further increases the risk of bone injuries.

MyPyramid, released by the United States Department of Agriculture (USDA) on April 19, 2005, is an update on the American food guide pyramid. The new icon stresses activity and moderation along with a proper mix of food groups in one's diet. As part of the MyPyramid food guidance system, consumers are asked to visit the MyPyramid website for personalized nutrition information. Significant changes from the previous food pyramid include:

- Inclusion of a new symbol—a person on the stairs—representing physical activity.
- Measuring quantities in cups and ounces instead of servings.

The Food Guide Pyramid discourages eating by servings; while many products such as cereals, breads and frozen foods contain servings on the container, therefore, it is important for you to know how much of a food is equal to a serving. Examples of amounts of food that count as 1 serving are listed below:

Food Group	**Examples of 1 Serving**
Bread, Cereal, Rice and Pasta	1 slice of bread 1/2 of a hamburger/hot dog bun 1 cup of ready-to-eat cereal 1/2 cup of cooked cereal, rice or pasta
Fruit	1 medium piece of fresh fruit (the size of a tennis ball) 1/2 cup of chopped, cooked or canned fruit 3/4 cup of vegetable juice
Vegetable	1 cup of raw leafy vegetables 1/2 cup of cooked or chopped raw vegetables (the size of a light bulb)

	3/4 cup of vegetable juice
Meat, Poultry, Fish, Dry Beans, Eggs and Nuts	2-3 ounces of cooked lean meat, poultry or fish (the size of a deck of cards) 1/2-1 cup of cooked dried beans 1-2 eggs (or 2-4 egg whites) 2 tablespoons of peanut butter

When you determine your individual nutritional needs and eat the recommended portions from each food group, you will have more energy and your speed and endurance will improve. As you increase your physical activity, your body will demand more calories and you may have an increased appetite. If you find that you are frequently hungry and losing weight, you may need to increase your consumption of carbohydrates. To achieve this, just eat more servings from the carbohydrate rich food groups. If the weight loss is desired, you have discovered the key to smart weight loss - increase activity and decrease calorie intake.

Healthy Weight Control

Weight control for many simply means watching the numbers move on the scale. Weight control is not just about numbers on a scale, it is also about body composition. Do you have the correct proportions of enough fat, muscle and bone that are required for optimal strength, stamina, and overall good health and performance? Changing body composition is really about changing habits. If you want to look or be fitter, you have to change some eating and activity patterns.

Being a part of the military means you have to be prepared for the challenges of combat at any time. One element of being prepared is being physically able and healthy enough to perform the required Soldier skills.

Excess body fat can hinder performance and compromise your readiness. For tasks in which maximal power, endurance or quickness are key, excess fat limits you. Extra body weight also increases the risk of wear-and-tear injuries to your feet, knees, and hips, while extra fat around the middle adds strain to your lower back.

The bottom line in maintaining, gaining or losing weight and body fat is energy balance. Energy, whether in food or what the body burns, is measured in calories.

- If you take in more calories than your body burns, your body stores the extra calories as fat, and you gain weight.
- If you take in fewer calories than you use, your body burns stored calories and you lose weight.
- When you consume the same amount of calories as your body uses, your weight stays the same.

Although you can lose weight quickly through fad diets like the popular high protein, or low carbohydrate diet, you will not generally be successful in maintaining this weight

loss. The fast weight loss that occurs with these types of programs is actually water loss. If you desire to lose weight, remember it is body fat that you want to lose not water. In order to achieve loss of body fat, follow the food consumption guidance previously provided and continue or increase your physical activity.

There are many dietary supplements that claim they will help you lose weight. The government does not regulate dietary supplements so buyers beware. The dietary supplements that contain ephedra or ephedrine are often advertised for weight loss. Products containing ephedra are dangerous, especially when combined with other supplements, medication or even with vigorous physical activity. If the label on the package sounds too good to be true or is not FDA approved, it probably *is* too good to be true.

Dining Out

As with all aspects of healthy nutrition, eating out at convenience food chains involves planning. This not only includes a choice of the restaurant and menu, but also requires a global view of your day. If you're going to eat out, it's better to plan for it early. When a burger restaurant is your last-minute decision at 1900 and you are starving, you may be setting yourself up for high-risk eating. Consuming three out of five calories as fat or refined sugar, as many people do, affects more than our waistlines. It crowds-out fresh fruits and vegetables, milk, and other nutrient-packed foods. We also don't get the fiber we need - fiber that may help protect us against heart attacks and cancers (which are more prevalent in people with a diet high in fat and calories).

With some planning, you can find healthy meals at convenience food restaurants. The goal is to try to have the main entree under 15 grams of fat, and the whole meal under 20 grams of fat. This amount represents about one-third of the fat allowance for a 1500-calorie eating plan or one-fourth of that for a 2000-calorie plan. So, it is possible to eat healthy, even when eating out.

Some Healthy choices while eating out	Calories	Grams of fat
Junior Roast Beef	233	11
Light Roast Beef Deluxe	294	10
Light Roast Chicken Deluxe	276	7
Light Roast Turkey Deluxe	260	6
Garden Salad	117	5
Roast Chicken Salad	204	7
Cheese Pizza (2 Slices)	344	10
Ham Pizza (2 Slices)	362	10
Baked Fish w/Lemon Crumb Rice and side salad	330	5

Hamburger Deluxe Sandwich	340	12
Grilled Chicken Classic	250	3
Light Soft Taco Supremes (2 Tacos)	400	10
Light Chicken Burrito (1 Serving)	290	6

Without going into every chain's selections, the above example demonstrates that you can 'have it your way', if your way is healthy as well as tasty. Here are some general tips from the experts:

- Pass up mayonnaise-type sauces and tarter sauces.
- Choose the smaller burgers, rather than the larger ones.
- Skip the extra crispy/crunchy coatings.
- Be careful with your beverages. A regular 12 ounce soda has 150 calories, and no nutritional value.
- Choose a salad, but be careful of the extras, such as creamy dressings, bacon bits, cottage cheese (if not low-fat), potato salad, olives and cheese.
- Complete your basic meal at home with a salad, low-fat milk, fruits and vegetables.
- Avoid fried foods such as fried chicken and French fries.

Techniques to Use When Dining Out

Even when dining at an "upscale" restaurant, advance planning is a good survival skill. Start early. If you expect to be dining out in the evening, anticipate your whole day's food requirements and plan the meals you consume for the remainder of the day around your plans to eat out. You will avoid excesses in your daily calories and fat requirements. It is very easy at the end of a tiring day to decide to go out to eat and end up eating too much. Fatigue is a high risk trigger for many people. Is it one of yours? If it is, be careful about eating out on the spur of the moment.

At a restaurant, you can:

- Order from the a la carte menu.
- Choose a salad, soup and roll (with jam, not butter or margarine).
- Choose a salad and an appetizer or two.
- Think before you order.
- Before beginning to eat, ask for a "doggie bag."
- Order meats, fish, or poultry broiled or grilled without butter, sauces on the side. Good choices: petite filet, marinated breast of chicken, broiled fish or seafood, and steamed shellfish.
- Eat half of the main entree and save the rest for lunch tomorrow.
- Look for the hidden fat items on the menu. Beware of terms like: sautéed (cooked in butter), crispy, fried, deep-fried, and au gratin (in cheese).

- Share a meal (entree, desserts). Order separate salads to complete each meal.
- Ask for sauces and dressings on the side. Dip your fork into the sauce or dressing, and then spear the food.
- Limit alcoholic beverages. Consider club soda with lime, orange or tomato juice, etc.
- Limit consumption from the bread basket.
- If you are very hungry, a small roll or two crackers may take the edge off your appetite.
  But use judgment on how much bread you should eat. And limit the butter. Better yet skip the butter or margarine.
- Learn about foreign foods and how they are customarily prepared:

Italian	Alfredo/Primavera	=	Cream Sauce
Italian	A la Parmesan/Mozzarella	=	Cheese
Chinese	Chow mien Noodles Egg Rolls, Sweet and Sour	=	Fried Food
Japanese	Tempura	=	Fried in Batter
French	Scalloped	=	Creamed Sauces

Eating for Health

There is scientific validity to the adage, "You are what you eat." Food is the source of our fuel, but it also contains nutrients that protect us from cellular damage, including cancer. Several years ago, the National Cancer Institute and the "Produce for Better Health Foundation" launched a national campaign to encourage the American public to eat five servings of fruits and vegetables a day, because they help with improved healing, reduce the risk of cancer, high blood pressure, constipation, and aid in recovery after exercise.

Many people claim they rarely eat fruit because it's unavailable, or they don't have the time to prepare vegetables or fix salads.

If you have trouble including fruits and vegetables in your daily diet, the following tips will help you balance your intake properly and make these foods a top priority in your good nutrition game plan. First, if you like fruit but just don't get around to eating it, plan into your breakfast either a banana or glass of orange juice. These are among the most nutritious fruits, so you'll be getting a good start to the day. Citrus fruits such as oranges, grapefruit, and tangerines surpass many other fruits or juices in terms of high amounts of vitamin C and potassium. If you do not have time to peel an orange, then orange juice is a good alternative and will cover your vitamin C requirement (60 milligrams) for the day. Bananas are high in potassium and are easy to carry with you for a daily snack. Cantaloupe, kiwi, and strawberries are also nutrient-dense fruits which are good sources of vitamin C and potassium. Dried fruit is also an easy snack to have on hand and is rich in potassium and carbohydrates.

In general, vegetables have more nutritional value than fruits, and dark, colorful vegetables usually have more nutritional value than paler ones. The deeper green or deeper yellow a vegetable is the more vitamin A it contains. If you're struggling to improve your diet, don't stuff yourself with pale lettuces, cucumbers, zucchini, mushrooms, and celery. Instead, feast on colorful broccoli, spinach, green peppers, tomatoes, and carrots, which offer far more nutrients.

If you follow the guidance in this chapter, you can and will achieve your nutritional goals. It may take you just a little more effort, but you will be healthier and be able to maintain a healthy diet, improving your overall wellness. Gettin' After It…again.

Principles of Exercise

- Progression: Following this principle means that you take a systematic approach to increasing the physical demands over time. For example, if your squad has been performing long runs of 35 minutes and you want to progress to 60, then you need a plan for doing so. The general rule-of-thumb is to progress time/distance by no more than 10% per week. When you do the math, you see that it will take about six weeks to safely progress from 35 to 60 minutes. The principle of gradual progression is just as important for resistance training. Start by mastering core stability and control of body-weight exercises. Add external resistance and/or volume (number of reps over a given period of time) gradually as long as control of the movement is well-maintained. Many injuries can be traced to attempting workouts that are beyond an individual's current capability.

- Regularity: This one is pretty obvious. Soldiers don't generally have a problem with this. However, two points should be noted. First, if for whatever reason you cannot do PT for two or more consecutive weeks, assume you've lost some degree of fitness. You should then resume PT at a lower level and gradually build back up. Second, even though you may be doing PT on a regular basis, if you stop doing a particular component of PT (agility or plyometric training, for

example), then you should re-master the basics of those drills before jumping back into an aggressive workout. We have to also realize that Soldiers will not always be at our level when they arrive. We should assess their fitness levels and shape their plans accordingly.

- Overload: To improve strength, endurance, or movement skills, you must provide a stimulus. This means moving outside your comfort zone…progressively lifting a little more, running a little faster or farther, practicing agility drills that don't come easy, etc. It is extremely easy to overload. The challenge is to do it intelligently. You must apply the principles of progression and recovery together with overload.

- Variety: Over the years, researchers and trainers have learned that athletes maximize their potential by dedicating a given period of time to a particular aspect of physical development, then changing the focus at regular intervals. For example, many strength programs begin with the focus of mass-producing workouts, later emphasizing general power training, and finally moving to activity specific strength/power drills. Such regular changes to workouts force the body to continue adapting. If you stay with the same routine, the body becomes accustomed to it and development stops. Maintaining variety in a program also helps to control overuse injuries. If all of your endurance training comes from running, you are more susceptible to stress-related injuries (stress fracture, tendinitis, etc.). Finally, variety in physical training is absolutely necessary to be prepared for the broad-ranging physical requirements of Paratrooper missions.

- Recovery: The principle of recovery is closely related to the principles of overload and progression. Overload must be followed by some degree of recovery. Some workouts demand more recovery than others. Sessions that aggressively train speed, power, jumping/landing/cutting or heavy lifting should be followed by either a day of rest or PT than involves a moderate session of some other component (an easy run/swim and some mat-based core training, for example). Regarding progression and recovery, some periods, whether it is a day a week, or several weeks, will involve PT that is relatively easy compared to the hardest days or training cycles. Another way of saying this is: you should not be red-lining every day nor burned out at the end of each week. Attempting to maintain maximal workouts for several months runs the risk of overtraining, which is related to not only muscles/bones/tendons stress injuries, but also disruption of hormonal balance. By incorporating relatively less training intensity and volume during a portion of the training cycle, the body is much less likely to breakdown.

- Balance: For Paratroopers, a balanced approach to PT scheduling means your program consistently incorporates training that develops strength, endurance, and movement skills (power, agility, coordination, etc). Taking this notion a step

further, strength must be balanced by performing some workouts with bodyweight resistance, some with moderate-heavy resistance, and some with a moderate resistance that is moved quickly (power training). Endurance should be balanced by performing a mix of aerobic and anaerobic training.

- Specificity: Following this principle ensures that you will be fit for the important stuff. Whenever the idea of fitness is discussed, the question “Fit for what?” should be part of the discussion. For Paratroopers, the answer is “Fit for current and potential training and combat missions.” This doesn’t mean that every workout must look like a combat mission. It does mean that you should always be aware of your big-picture PT objectives and understand how each workout, each week, each month of PT contributes to it. At least part of a training cycle needs to focus directly on tactical fitness. Such training must involve an operationally relevant degree of intensity and volume, but should be preceded by general fitness development (strength, endurance, movement skills).

- Precision: This term refers to the biomechanical correctness of movement. We know through observation and research that some movement patterns are efficient and effective, while others are inefficient and possibly destructive (which over time will likely to lead to injury). For example, spinal stability not only protects the spine but also creates a stable base of support from which the arms and legs can generate power. Paratroopers should study and master optimal execution for all drills in the program. There will be times during training when we must push ourselves through fatigue and perhaps sacrifice perfect form. However, these should be the exceptions and not the rule but sometimes you have to just get after it.

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Understanding Movement Prep and Recovery

Out the gate and even prior to movement prep, conduct a warm up first!

Here is an example format:

Dynamic Warm Up
Specific Warm Up (Movement Prep)
Session
Cool Down

Movement preparation and recovery are vital pieces of the FAW PT program. In the past, they've been known as warm-up and cool-down. In keeping with the terms used by most top trainers, the names have been changed to reflect the intent of the drills. Movement preparation is a better term than warm-up. Preparing the body to move well is precisely the goal. Warming up the body is part of movement prep, but it is no more important than the other two objectives of movement prep: loosening the joints/muscles, and priming the nerve to muscle messages. If warming were the only objective, you could sit in a sauna and call it warm-up. After movement prep, Paratroopers should be prepared to run, lift, negotiate obstacles, play a sport, execute a raid, and of course have the stamina to pursue bad guys and make them regret their career choice in the middle of the night…

The movement prep recommended for Soldiers is very similar to that used by top strength and conditioning coaches. It is somewhat different than the 5-step warm-up described in the Army's Physical Fitness Training FM (circa 1980s). While that warm-up was based on sound principles at the time, in the past decade research has shown that static stretching during warm-up is not necessary for injury prevention or performance.

The term recovery is used instead of cool-down. Similar to the idea of warm-up as only a component of movement prep, cooling down is only a small part of recovery. The objectives of recovery are 1) safely decrease heart-rate, respiratory rate, and body temperature, 2) improve functional flexibility; 3) replace nutrients, and 4) rest enough so that the body is ready for subsequent PT or missions.

Only the first two objectives are met on the PT field. This means that meeting objectives three and four are a personal responsibility. Leaders must educate and motivate their men to follow the nutritional and sleep guidelines put forth in the FAW Program.

It is clear that many individuals blow off cool-down sessions and go straight to the shower without any obvious ill effects. Leaders should discourage this practice. Performing the functional flexibility exercises in the recovery drill will identify areas of tightness that might eventually lead to injury or limit performance. Those exercises were in fact designed to do just that. Obviously not everyone will need every stretch.

However, those Paratroopers that do find areas of tightness or restriction during recovery stretches should be encouraged to repeat the stretches throughout the day. Performing an organized recovery session offers squad leaders at least two other benefits: 1) the opportunity to provide the men with immediate feedback on the performance of the PT session, and 2) the opportunity to remind the men to re-hydrate and get the proper nutrients at the proper time.

To enhance recovery after PT, alternating heat and cold treatments may be of value. The easiest way to accomplish this is in the shower after PT. Other methods that can be used are:

- Contrast Showers (done later in the day): 2:00 hot followed by: 30 sec cold for 3-4 cycles

- Cold Plunge (done after session)…the sooner, the better

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Movement Preparation:

- **Purpose**: Bring metabolism from rest to exercise levels, loosen the major joints and muscle groups, prime nerve-to-muscle messages that improve total-body coordination all in preparation for any physical activity that follows. We should attempt to raise heart rate to approx 60% prior to beginning training.
- **Utilization**: Before each PT session in all phases. Movement prep should be completed in about 15 +/- minutes.
- **Execution**: Calisthenics may be performed in an extended, rectangular formation for large groups or in a circle for squads. Perform 5-7 repetitions for each exercise, beginning with slow movements through an easy range-of-motion, adding just a little speed and range-of motion with each repetition. Perform the movement drills as indicated below using an extended, rectangular formation. The last movement drills may be performed over a 20 meter distance. Pause as needed between exercises to avoid fatigue. After movement prep, the body should be warm, loose and primed for intense activity – but not fatigued. These are not all needed in every session but you can build a solid base with these exercises in the sample PT Program on the Next Page.
- Never go 100% until you are warmed up.

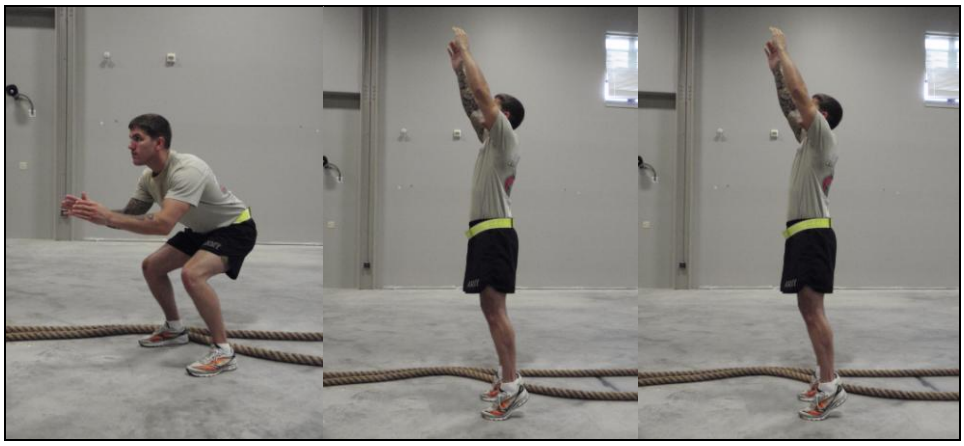
Weekly PT Sample Program
Described but not prescribed are the following examples developed using FAW principles. Always start with a dynamic warm-up focusing on increasing and stabilizing the individual's heart rate. Here is an example of warm up exercises and a normal (infantry squad) weekly PT program:

Warm Up Exercise Examples

Around the World:

- Start and finish with arms overhead and abs engaged
- Perform slow circular rotations stretching the side of the trunk
- Rotate Both Clock-Wise and Counter Clock-wise

Progression Squat Jumps:



- Perform 5 Squats
- Coming out of 5th Squat Perform 5 Reaches
- After 5th Reach jump from the balls off your feet into the air coming down with a soft landing on the balls first and absorbing most of the shock with plenty of bend in the hips and knees

Wind Mill:

- Starting with feet shoulder with apart and arms parallel to the ground twist and bend at the hips reaching hand to the outside of opposite foot
- Return to starting position and repeat to opposite side

Leg Whips:

- Begin with short range slower movement forwards and backwards
- Keep the trunk steady and swing arms counter to leg motion
- Gradually increase speed and range of motion
- Switch to lateral leg whips and work both legs

Corkscrew Lunge:

- Starting with feet shoulder width apart take a step backwards with trail foot passing behind lead foot
- Keeping trunk steady rotate torso to opposite direction of trail foot easing into a lunge
- As you slowly sink into the lunge you will feel a stretch in the glute of your lead foot
- Keeping weight on your lead foot return to starting position and switch legs

Side Step Lunge:

- Starting with knees slightly bent take a step in either direction leaving trail foot in place as you ease into a lunge with lead foot
- Bring trail foot to lead foot and repeat
- After desired number of repetitions (recommended 5 ea side minimum) switch directions

High Knees:

- Starting in a running stance begin jogging forward bringing your knees straight up to your chest or parallel with the ground
- Conduct this over a distance of approximately 25m

Monster Walk:

- Walking forward kick leg up as high as possible
- With each step reach for toe with opposite hand

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Recovery

Flexibility Drill

- **Purpose**: Safely decrease heart-rate, respiratory rate, body temperature; improve functional flexibility; replace nutrients.

- **Utilization**: After each PT session in all phases

- **Execution**: Walk as needed to bring the heart rate back to within about 20-30 beats of the resting level, then finish with the exercises below. The exercises with an (*) are considered motion exercises rather than static stretches, and need only be held for 1-3 seconds, 3-4 reps each side. The other exercises are stretches and should be held for 15-30 seconds, 1 rep. The last four stretches are performed in standing. The stretch routine also provides a good opportunity for squad leaders to give their men feedback on the PT session. Immediately after the PT session, re-hydrate and restore nutrients. The optimal post-exercise meal for a FAW approved program needs to meet the following criteria:
  1) ingested within 30 minutes,
  2) about 3:1 ratio of carbs to protein, 3) at least 250 calories.

Never stretch cold muscles…try a contrast shower for additional recovery.

Exercises…suggested not prescribed…

Mountain Climber Stretch
Seated Hip Rotations*
Quadriceps Stretch (side-lying)
Posterior Hip Stretch (supine)
Scorpion*
Rotational Spine Stretch (supine)*
Prone Press*
Prayer Stretch w/Diagonals
Hip Flexor Stretch
Hamstring Stretch (laying on back)
2-Part Gastroc-Soleus Stretch (wall or partner)
Pectorals Stretch (wall or partner)

Strength Training

FAW BULLETS FOR STRENGTH:

- Front load strength sessions; schedule 3 different strength workouts for every 7-10 day period: one heavy resistance workout, one power/power-endurance workout, and one muscular endurance workout.

- Leaders must ensure that every Paratrooper understands proper form for every strength training exercise before executing to prevent injury.

- All functional strength training is core training…engage your core before and throughout every lift.

- The heavy resistance workout is based on the 4-rep max. This means that the fourth rep is completed with perfect form.

- The heavy resistance workout must balance pushing, pulling, and leg-dominant exercises. Don't over-emphasize the bench press. Beach muscles don't equal strength.

- For the power/power-endurance workouts (Ground Base, cleans, Tabata intervals, etc.), don't add so much weight or so many reps that the speed of movement is compromised. Basically this means that the speed with which the movement is initiated is maintained until completion of the movement…or "start fast, finish fast. There are dozens of variations on the muscular endurance workout. If you are alternating pushing, pulling, legs, and core, you are meeting the intent.

  Short Power Endurance = no more than 15 minutes
  Long Power Endurance = up to 30 minutes

Methodology for FAW Strength Training

No one questions the notion that Paratroopers should be strong. The questions are:

What type of strength do we need?

How strong do we need to be?

How do we get that strong with limited time and equipment?

Strength is the ability to overcome resistance. The types of strength that Paratroopers need fall in to three basic categories:

1. Body Weight: This starts with the ability to stabilize the main joints involved in an exercise so that movement is smooth and efficient rather than sloppy. Once you can stabilize, then build muscular endurance by increasing the volume of training (sets x reps) for exercises like push-ups, pull-ups, single-leg squats, lunges, and a variety of core strengthening exercises.

2. Heavy External Resistance: This type of strength is needed to move loads. You must first be able to stabilize the joints used in the movement, but you don't have to wait until you've built up a given level of body-weight muscular endurance. Moderate to heavy lifting can begin early in a program as long as form is good and stability is maintained.

3. Power/Power Endurance: This type of strength moves a load rapidly. The load may be your own body (ex: jumping onto an elevated platform) or an external load (ex: hoisting equipment onto an elevated platform). Power training is more demanding on the neuromuscular and skeletal systems, so stability, correct form, and adequate recovery are essential.

How strong do Paratroopers need to be? As with the other components of physical fitness, strength is useful to the extent that it improves your performance and keeps you injury free. There is no requirement to look like a bodybuilder or hoist weight like an Olympian. For Paratroopers, strength means being able to carry your combat load indefinitely, being able to carry the wounded man next to you, being able to get in the window or up the rope…These tasks and the many others will encounter require broad-spectrum strength. For performance oriented strength training, the goal is the movement rather than the muscle. For example, a bodybuilder wanting to develop the quadriceps muscles may isolate that group on a machine that resists the straightening of the legs. **The bodybuilder is not concerned about the movement that caused the development. Contrast this with FAWs who, like athletes, need leg strength for lifting, lunging, climbing, jumping…war fighting. Now the goal is to achieve the power of the movement, not the size or appearance of the muscle…but do not be discouraged appearance comes even quicker using the FAW techniques.** It is common to hear a strength coach describe an athlete that can step into a squat rack and work with more than 500 pounds, but can't do one correct single-leg squat with just their body weight. The difference is the much greater balance and stability demands of the single-leg squat. Balance and stability, especially of the core, are essential for developing functional strength. Informed athletes know that without a strong core their performance will suffer and they are more susceptible to injury. Top strength and

conditioning coaches spend much more time emphasizing work on this area than on glamour exercises like the bench press and biceps curl.

The **spine, pelvis**, and **hips** are the **core** of the body. This area must be stable so that the limbs have a fixed base from which to create powerful movements. Without a strong, stable base of support, trying to generate power from the arms and legs is like pushing an object while on skates (or firing cannon from a canoe). The core is stabilized by a ring of muscles that loop around the spine and connect it to the pelvis. Even muscles like the glutes and lats play a big role via their attachments to the spine and pelvis. You are only as strong as your weakest link. Maxing the sit-up event doesn't mean you can stabilize the trunk. In fact there is evidence that concentrating on the sit-up and ignoring the other muscle groups can actually hinder your ability to stabilize the core. We must train 360-degree abdominal/trunk strength, and in a manner that mimics the core's function. Paratroopers just starting a resistance training program can get significantly stronger in just a few sessions, even before muscle mass increases. This is due to the fact that they have become more proficient at recruiting muscle fibers for the task.

If we never attempt to meet heavy resistance, these nerve-to-muscle messages may not be very efficient. This is a common flaw in PT programs geared toward the APFT. With heavy resistance, form becomes very important for both performance and safety. You must teach your soldiers safe lifting techniques and see them demonstrate correct lifts with a light weight. Realize that heavy resistance training for a given movement will require more rest (generally about 48 hours) between bouts of exercise then will muscular endurance training.

Form is also important at lower levels of resistance. When we train for muscular endurance, changes are taking place at the cellular level that allow the working muscles to sustain their work for longer periods of time. Repetitions, by definition, are high for muscular endurance training. With repetition comes muscle memory, so form becomes very important toward ensuring that we "memorize" the correct movement.
It should come as no surprise that correct form is also a requirement for effective power training. In fact, creating optimal power is impossible without biomechanically correct technique. In the FAW program, the Ground Base equipment is a great tool for developing power. Although this equipment can support very heavy loads, we recommend that leaders use it for power training. Therefore, Paratroopers should keep the loads light enough that the speed of movement is not sacrificed. Resist the temptation to focus on the amount of weigh and instead focus on form and power.

Execution of FAW Strength Training

Muscular Endurance Workout

Purpose: Develop control of body weight from the ground, on the feet and from the air (pull up bar, ropes). Improve total body muscular endurance.

Utilization: This workout should be performed at least once during every 7-10 day period. Sessions should be completed in about 30 minutes. It is easily combined with a tempo run or 300-yard shuttle repeats for a complete PT session. This workout can be performed indoors or outdoors.

Execution: Perform the exercises in the order listed below. Perform all sets of each exercise before moving to the next. Emphasize mastery of exercise technique first, then gradually introduce more challenging movements (see progression below). Resistance can also be added once body-weight exercise becomes easy. This can be as easy as performing the workout in kit, holding dumbbells/barbell plates/sandbags, etc.

Exercises: (one way not ":the way")

- Single-leg Squat (2 sets, 15 reps each leg; adjust depth as needed)
- Pull-Ups/Ropes Training (2 sets of 12 reps; partner or elastic band assistance as needed)
- Core (Supine Bicycle and/or Supine Twist (1 set, 1 minute)
- Single-leg Stiff-leg Dead lift (1 set, 15 reps each leg; adjust range-of-motion as needed)
- Nordic Hamstring (Kneeling w/partner hold at ankle; use pads at knees as needed; 1 set of 15 reps)
- Push-ups (1 trooper pushing, 1 spotting; perform 3 sets at 60, 40, and 30 seconds each)
- Hanging Crunches (2 sets of 12 reps; partner assistance as needed)
- Star Lunge Series (2 sets of 5 reps each direction – see execution note below)
- Pull-ups/Push-ups (1 set each, max good reps with only transitional rest in between)
- Core (Planks, Side-planks)

- If medicine balls are available, parts of the Med Ball drill can be used

- Supine bicycle/twist.

- Perform the Star Lunge Series as follows:

    a. Left leg forward, forward-diagonal, lateral
    b. Right leg forward, forward-diagonal, lateral
    c. Left leg lateral, backward-diagonal, rear (reaching with right leg)
    d. Right leg lateral, backward-diagonal, rear (reaching with left leg).
    e. Repeat all of the above for a second set.

Progression

- Add resistance to single-leg exercises/lunges (med balls, dumbbells, kettle bells, plates and pull-ups. Combine forward and rear lunges. For example, perform a forward lunge with the left leg then pass the starting position without stopping to go into a rear lunge in which the left leg steps back, but the weight remains on the right leg. Repeat for one minute, rest 30 seconds, then repeat for the opposite side. Use the first three reps to establish form, then continue at a moderate to fast pace. Example, the 3-Point Pushup (60-40-30s sets with 60-40-30s rest; 1 pushing, 1 spotting)

Alternatives

- There are plenty of alternatives to the muscular endurance workout described above. When evaluating other routines, look for the following: pushing and pulling movements for the upper body, and pushing and pulling in the vertical as well as horizontal planes.

- Variety of core exercises targeting different areas and confusing the muscles to stimulate growth/ adaptation on a continual basis.

- Variety of functional leg exercises (squats, lunges, single-leg step-ups) for a reasonable volume of training (a workout that calls for 50 reps when you can only do 20 good reps is not reasonable)

- Reasonable load based on your individual abilities, not what some guy with a website has published as “the standard”

- Reasonable degree of recovery built into the workout (you should feel like your stamina is being challenged throughout the workout, but not so

much that movements become sloppy…take short breaks as needed to regain some energy); and partition high reps to strategically accomplish goals (e.g. 100 pull-ups split into 10 rounds of 10 reps).

Heavy Resistance (Strength) Workout

Purpose: Develop total-body muscular strength. This is not meant to be a body-builder's workout. Lifts that involve multiple joints and muscle groups are the standard.

Utilization: At least once every 7-10 days in all phases. There are no phase-specific changes. Instead, individuals progress the resistance based on their performance according to their planned weight percentage progression.

Execution: There are two main options for strength training - the gym-based method and the field-expedient method. Gym-Based Method: Execution depends on the time available with the following guidelines apply only if you have plenty of time for strength training.

- Over the course of a week, balance upper and lower body lifting
- Over the course of a week, balance push and pull lifting both vertically and horizontally.
- Work the upper body 1-3x/week
- Work the legs 1-2x/week
- Each month, change the workout in some way. One option is to change the lifts (Ex. Switch from seated row to single-arm bent-over rows.) Another option is to switch from heavy resistance (based on a 4 rep max) with relatively long recovery between sets to an 8-10 rep max with a relatively short recovery. Another options is to superset (e.g. immediately follow a push lift with a pull exercise)
- Your max bench press should not be considered the most important measure of your strength. Most of the time when you have to push something heavy, you will get your legs into it. That's why we prefer a Ground Base, push press with dumbbells, and other total body lifts that go from the floor to overhead.
- Heavy benching carries a risk of injury to the shoulder, both for pectoral and rotator cuff strains/tears and long-term degeneration if not executed with perfect form.

Time Constraint concerns:

If all squads from a given company are performing this session during the same time period (a typical garrison, 90-minute AM PT session), then strength training needs to be limited to about 20 minutes per platoon in order to accommodate three platoons in one hour. For example, after movement prep, the squads from first platoon have the weight room for 20 minutes, while squads from the other platoons are on the field doing something else. The squads rotate at 20 and 40 minutes. The 20-minute sessions should look something like this:

- Perform a warm-up set at about 50% of 4-rep max.
- Perform the second set at about 75% of 4-rep max.
- Perform 2 sets at 4-rep max.
- Adjust the weight so that the fourth rep is the last rep that can be completed with perfect form. Do not continue to muscle failure or allow a repetition that involves jerking or other compensatory movements. Each set will last about 15-20 seconds. Each individual should have 60 seconds rests between sets, for a 1:3-4 work-to rest ratio. Finish all sets before moving to the next station.

Notes:

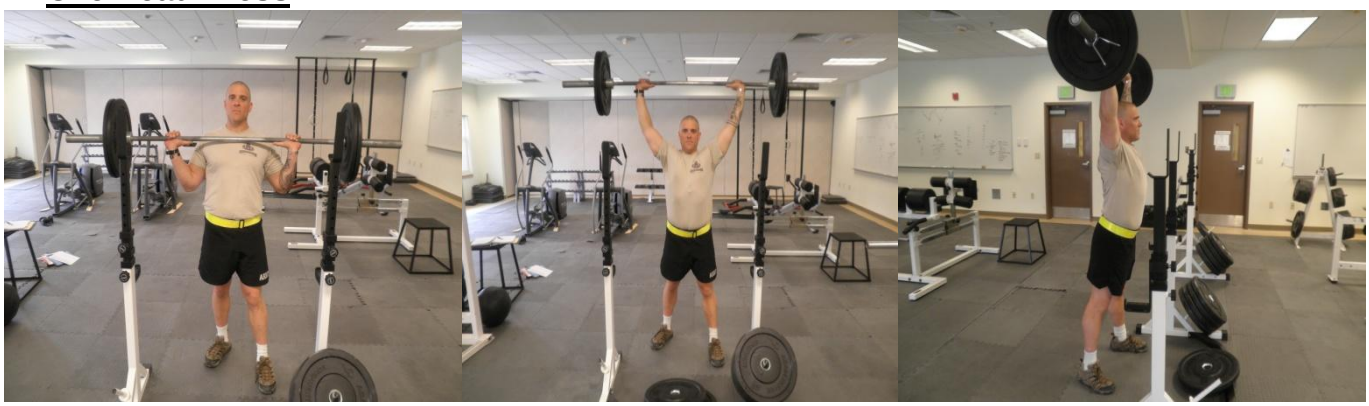
- In the Legs/Back/Pull categories, change lifts after 4-5 sessions. For example, Paratroopers that have been performing the Dead lift, Power/Hang Cleans Squats and High Pulls will switch if it is too easy. The workouts are what you put into them…individual driven.
- Pre-position weights to allow time-efficient changing out of weights for lifts that use barbells/dumbbells. Remember, there will generally only be about 6-7 minutes per station.

Pick one Exercise from each Category Below

Push Legs/Back Pull exercises:

Deadlift

Overhead Press

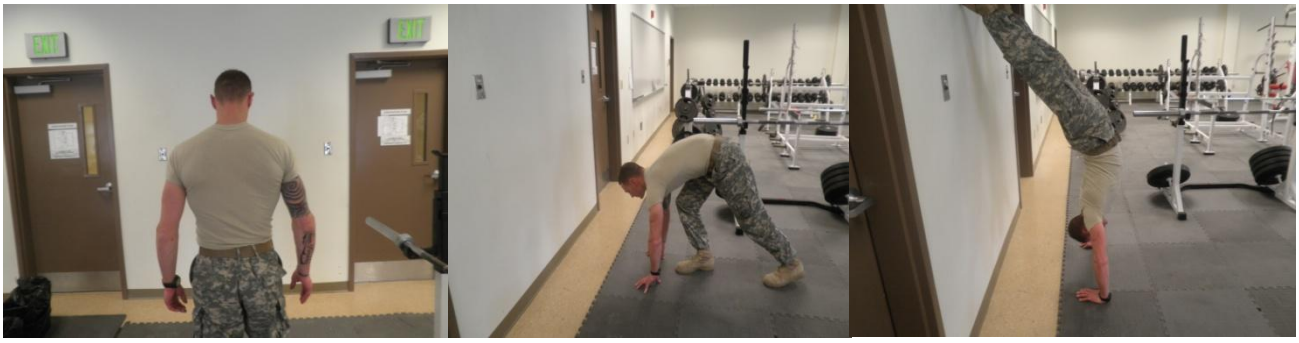


Pull-Ups

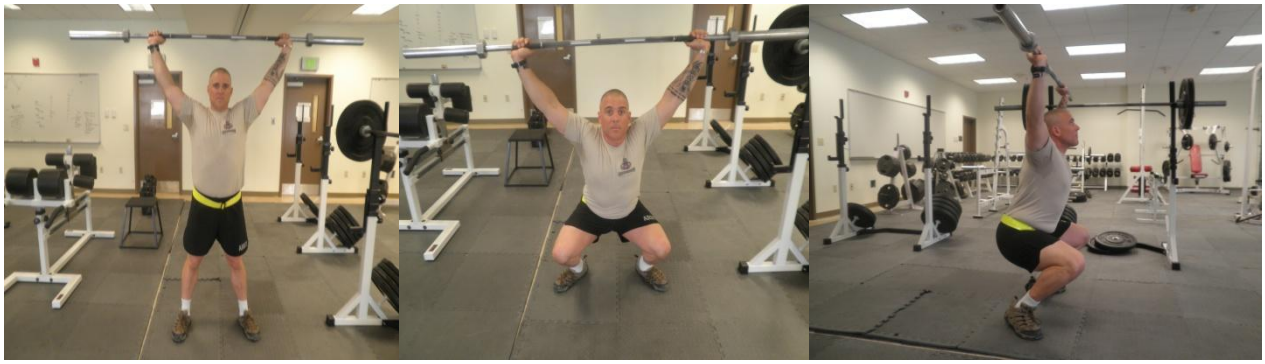
Front Squat

Rack Squat

Hand Stand Push Up



Overhead Squat



Slasher to Halo

Straight Leg Dead lift

Tire Flips

***Note:** No isolated movements!!! i.e. bench, curls, triceps

For the barbell dead lift, the feet are under the bar, the back straight, shoulders pulled back and aligned over the bar, heels down, hips low, head and chest up, and arms outside the legs. Breathe in and hold, push through the heels to rise to a fully upright stance. Breathe out as you pass through the most difficult part of the lift. Keep the bar as close to the body as possible. Make an attempt to rise as a unit, rather than with the hips first and then the upper body. There is no need to lean backward at the top.

Field-Expedient Method:

1. The principles of strength training used in the weight room still apply when conducting field-expedient strength training. In other words, push and pull, work upper and lower body. Resistance comes from your body weight, your kit, sandbags, kettle bells, etc.

2. Working push strength means adding a challenge to the standard pushup. There are many ways to do this: 3-point PU, wearing your rack, partner resistance, elastic band resistance, elevated PU (partner holds your feet at his waist level), partner puts a sandbag on your back, or any combination of the above.

3. Working pull strength is a little more straight forward. Perform pull-ups, chin-ups, alternating grip pull-ups…perform in kit in phases 2 and 3. Also perform ropes training without the use of your legs. Use dip bars to perform horizontal pulls (partner holds your feet or you hook them over the dip bars).

4. Leg strength is best trained in the field-expedient environment by isolating one leg. After your men master the single-leg squat and lunges with body weight, they should increase resistance in one of two ways – add weight (kit, sandbag, etc.) and perform exactly the same, or progress to step ups. To perform step ups, first identify an appropriate height. When the foot is placed on the step, your thigh should be roughly parallel with the ground. Perform by placing one leg on the step, powering up with the lead leg only, then slowly lowering the body to just barely touch the back leg down. Perform several sets of exercises in each category. Add resistance when perfect form can be held for 12 or more reps.

Power and Power-Endurance Workouts

Power Drill:

The first time this drill is performed, the movements must be taught, so there may not be much of a training effect other than learning. Emphasis is on correct execution, not creating a smoke session. The work-to-rest ratio should begin at about 1:4 for each exercise.

Add speed/intensity and shorter recovery only after the basic skill is mastered. The foundational movement for all jumps is the power position, with hips to the rear, knees over feet, heels down, back straight but trunk tilting forward. Body weight is primarily on the balls of the feet. Landings should be soft, with impact absorbed by plenty of bend of the hips and knees. Keep the feet shoulder width apart or less. Do not allow the knees to buckle inward upon landing.

For the med ball throws, perform in pairs with two ranks facing each other. For safety purposes it is best to only throw on command from the squad leader with throws going from one rank to another rather than randomly. See the individual drills below for ideas:

Exercises:

- Sprints: Build to an 80-90% effort over the first 20 yards, then maintain for a total of 60-80 yards, rest for 15-30 seconds, perform 6-10 reps.
- Broad Jump: 3 w/pause, then 7 continuous; repeat 2-3 times.
- Lateral Hop, Double-leg over cone: max # in 10sec, 40sec rest, then repeat
- Modified Squat Jumper: 3 w/pause between reps, then 8-10 continuous
- Split-Squat Jump: 8 reps each leg
- Plyo Push-up (8-10 reps with partner assistance as needed)
- 90/180 Jumps: 3 w/pause, then 8-10 continuous
- Med Ball Throws for Distance (underhand, backward-overhead, chest push, rotations-L/R)
- Scissors Jump w/rotation (in place of Split-Squat Jump): Sprint 10M after 5th rep.
- Med Ball only if perfect execution

Other Power and Power-Endurance Workouts

- **Work Capacity** training is a key Combat training technique. It trains the ability to tolerate a workload and recover sufficiently in the time allotted in order to perform adequately for the next work bout. Relate this to being ready to continually change pace while being in a 30 min firefight. Crossfit ideas are based off of this but in a less than 15 min event. We need to design 30 to 40 min (circuits) of constant work using combat focused ideas.

- **Tabata Intervals** are named after the author of a famous study that proved high intensity intervals of short duration (20sec), with an even shorter rest (10sec), repeated 8 times, could significantly improve ***both*** anaerobic and aerobic endurance over six weeks(5x/week). These results were compared to a group that trained at a steady pace for one hour, 5 times per week at 70% of aerobic capacity. The steady pace, moderate intensity training did not improve anaerobic capacity.

  While the Tabata research was performed on a cycle ergometer, a similar effect can be had performing a variety of powerful movements using body weight and/or external resistance. There are several possible applications of Tabata intervals within FAW program. A single round (20s work, 10s rest x 8 reps = 4 minutes) can easily be combined with another "main" training event. Even two rounds with a 2- minute rest between rounds only demands 10 minutes. There are dozens of potential exercises that can be used for Tabata intervals. We learn by small bunches of fun to include the following:

    - Burpees
    - Med Ball (Short and Medium Range Throws)
    - Suicides (25m x3 equals roughly 20 seconds…adjust according to your speed) Air Squats
    - Tire Flips (with or without in/out jumps)
    - Skedco/Sled Pulls
    - Kettle Bell Swings
    - Kettle Bell Pull (20 yards of rope, 50-60 lbs of kettle bell, hand-over-hand pull)
    - Kettle Bell Snatch (Alternating sides each 20s round)
    - Takedown Defense
    - Punch Combos with Sprawls

- The **Olympic lifts** (e.g. Snatch, Clean & Jerk) are highly specialized lifts that are proven means of increasing power. However, they are technically demanding lifts that when performed incorrectly can lead to injury. While many top strength coaches use these lifts as a main focus of training with their non-Olympic Lift athletes, just as many coaches recommend their use only for those athletes training in the sport of Olympic Lifting. We agree. Since there are many other ways to develop power, our guidance is to use other, less technically demanding training methods.

  The National Strength and Conditioning Association have a video resource that includes many power-developing lifts. Go to

<http://www.nscalift.org/videos/displayvideos.asp> for the videos. Do not overestimate your ability. Take the time to master the technique, then apply the principles of exercise discussed previously. Make sure your gym has lighter plates (10 or 15 lbs) with which to learn these techniques (using the same diameter as the typical 45# plate). Before attempting these drills, Paratroopers should first spend 2-3 sessions minimum, mastering and then progressing the 360-Core, Med Ball, Muscular Endurance, Moderate-Heavy resistance, and Ground Base workouts first.

Generally power workouts incorporate several sets of 3-5 repetitions for each exercise. Sufficient rest between sets ensures that technique remains uncompromised by fatigue. Up to three minutes rest between sets may be necessary.

Once techniques are mastered, focus on moving the bar as quickly as possible. Loads of 75-95% of1RM will result in increased maximum strength, while loads of 50-60% of 1RM, performed, basically, will result in increased maximum power. Once an athlete has reached high strength levels, maximum power training may be more conducive to peak athletic performance than further increases in max strength.

Principles of Endurance Training

BOTTOM LINE UP FRONT – FAW BULLETS FOR ENDURANCE:

- Schedule 3 separate endurance-emphasis workouts for every 7-10 day period.
- Once per week (except on recovery weeks) perform Interval Training of some sort
- (30-30s, track intervals, pool intervals, etc).
- Progress time/distance/interval reps by no more than 10% per week.
- Don't run hard and/or long on consecutive days unless you have a good reason for doing so (you are an experienced runner training for a running event).
- During recovery weeks (generally one for every 4 or 5 weeks of hard training), replace intervals, long runs, and foot marches with pool workouts and cardio machines. (e.g. bike, Stairmaster, etc.)
- There is no such thing as over training, just under recovery.

Methodology for FAW Endurance Training

For our purposes, endurance is the ability to sustain physical activity. Sometimes the activity is intense and can only be sustained for a relatively short time. With some recovery the activity can then be repeated. This is anaerobic endurance and is reflective of many combat tasks that involve repeating quick, powerful movements.

At other times, the task may be less intense but require continuous movement (ex. foot movement). This type of endurance is aerobic in nature.

Most activities are not purely aerobic or anaerobic, but a mix of the two. Interestingly, training anaerobically will improve aerobic capacity. However, the reverse is not true. For this reason, it is a mistake to train only the aerobic system when missions require full-spectrum endurance.

In the FAW program, endurance is trained primarily through running, foot marches, and swimming. However, it is important to note that an anaerobic training effect is also occurring during many other drills if intensity is maintained. This is especially true with Med Ball, agility, and power drills; ground base training; circuits; and Tabata Intervals (described in the Strength section).

To enhance endurance during drills other than running, foot marching, and swimming, reduce the amount of rest time between sets or events. This should only be done after the men have mastered the basic drills. Using the Med Ball drill as an example it is best to keep the relatively long rest time between sets during the initial train up in phase one. This reduces sloppy movement due to fatigue and promotes mastery of the techniques. By phase two, technique should be sufficient to allow a reduction in rest time between sets.

Execution of FAW Endurance Training

1. Sustained-pace run of 30-60 minutes:
The purpose of this run is to build aerobic endurance and gradually toughen the legs. In Phase 1, keep the time around 30 minutes. Starting in Phase 2, gradually progress the time/distance based on your needs. A good rule of thumb is to increase running distance by no more than 10 percent per week. Thus, adding about 3-4 minutes per week is a reasonable way to get from the 30-minute runs in Phase 1 to 60-minute runs at the end of Phase 2. Be aware that the risk of overuse injuries rise with the time spent running. Squad leaders must weigh the benefit of running greater than 5 miles with the risk of creating lower extremity injuries.

2. Intervals:

The purpose of interval training is to build anaerobic endurance and leg power:

Phase 1 - 30/30s
The 30/30 run is named for the run/rest ratio – 30 seconds running at the threshold of sprinting, 30 seconds walking. The pace for the running should be about 80-90% of your maximum effort, **not** maximum heart rate.

The running portion of the 30/30s should feel like a hard effort that falls short of a full-out sprint. Concentrate on running with good form – head up, shoulders relaxed, trunk directly over the pelvis, arm swing moderate and in line with the direction of travel.

30/30s are the primary form of interval training in phase one and should be performed once per week. In the first few weeks of phase one, perform 10 reps, take a 4-5 minute walking break, then repeat 10 more reps. Add a couple reps to each set during the last weeks of phase one.

Phase 2 & 3 – Track Intervals
Track intervals are a staple of middle and long distance running programs. They are a proven method of improving aerobic and anaerobic fitness and should be included weekly in phases two and three. Use the chart below as a guide to interval training. You may run all intervals at a particular distance or mix in a few of each. Systematically progress the number of intervals over the course of phases two and three. Over the course of phases two and three, you should perform some sessions at each distance.

Distance (meters) , Effort* then the # if Intervals, accounting for Rest Between Intervals (minutes). Examples:

200 90% 15-20 1.5 - 2
400 80% 6-12 1.5 - 3
800 2-mile race pace 3-6 2-3
*If a track is not available, base the interval on time:
Time (min:sec) Effort* # of Intervals Rest Between Intervals (minutes):
0:45 90% 15-20 1.5 - 2
1:30 80% 6-12 1.5 - 3
3:00 2-mile race pace 3-6 2-3

If training for cardio/endure, the recovery interval is typically ½ the time of Hard Interval.

e.g.	5:00 mins Hard	4:00 mins Hard	3:00 mins Hard
	2:30 mins Recovery	2:00 mins Easy	1:30 mins Easy

This can improve the Paratroopers' recovery ability.

Effort level is used to establish pace. This is a mental calculation taken during the middle portion of the first repetition. The bottom line is to 1) finish the prescribed number of intervals, 2) maintain good running form throughout, 3) have essentially the same time for each interval, and 4) feel that you've challenged yourself

3. Tempo Run:
These runs improve your endurance by increasing your lactic threshold. In effect, you are training your cells to better deal with the natural by-products of running at a relatively high intensity. For our purposes the duration at tempo speed should be about 20-30 minutes. These runs should be preceded by movement prep and then five minutes of easy jogging.

The pace should feel comfortably hard. Basically, you are running just a little below your race pace. So, if you rated a race as 10/10 effort, tempo runs are about an 8/10 effort. If using a heart-rate monitor, stay in the 85-90% of maximum heart rate range. Unless you are training for ½ marathons and beyond, there is no real need to increase the 20 minute duration. Instead, gradually increase the tempo.

4. Fartlek Run:
These runs can be used in a variety of ways to build both aerobic and anaerobic endurance. They also should improve your sense of pacing. Fartlek runs are a form of interval training. Periods of faster-paced running are alternated with a slower pace that allows some recovery. Limit these runs to about 30 minutes. Fartleks allow the squad leader maximum flexibility to challenge his Paratroopers. If available, incorporate hills into the fartlek run by attacking the hill then recovery at the top. Repeats on the same hill are not considered fartlek training, but can occasionally be substituted for fartleks.

5. 300-yard Shuttle Run Repeats:
This run should be used in conjunction with other non-running workouts. For example, it is a good supplement to a workout from the strength or tactical categories. Beginning from a crouch start, run three complete round trips between two lines spaced 50 yards apart for a total of 300 yards. Turn by placing at least one foot on or over the line at each turn. Turn to the right for the first change of direction then alternate L/R for the remaining turns. On the final trip, sprint past the Start/Finish Line. Perform repeats with 2-minute recovery breaks between reps. This drill can also be performed over a 25-yard field, using six down-and-backs.

6. Terrain Run
Terrain (cross-country) runs accustom the men to uneven terrain and slopes. This in turn trains the stabilizing muscles of the legs and core that keep the body balanced on uneven terrain. In addition, hill terrain contributes to lower extremity strength/endurance.
Leaders should use these runs judiciously because they carry a higher risk for

ankle and knee sprains. Consider the risk during dark or wet conditions. If you choose very rough terrain, it's best to wear boots and keep the duration short. For easier terrain such as a golf course or dirt trail, running shoes and a longer duration are fine. Relatively short terrain runs are a good supplement to workouts from the strength or battle-focus categories.

7. Foot Marching
Purpose: Develop aerobic endurance with load

Utilization: Generally 2-3 times per month throughout the three phases (Once on even terrain and the other on an uneven trail).

Execution: In Phase 1, the footmarch should cover a distance of no greater than 6 miles with the packing list not to exceed 45 lbs. In Phases 2 and 3, leaders gradually increase the distance and load. Long distance foot marching (15+ miles) should be considered for the development of mental toughness. Such foot marches carry a risk that should be considered and mitigated. The risk for breaking down Paratroopers can be mitigated by 1) no PT or other high physical demands 1-2 days before and two days after the event, 2) only performing the long marches in the later phases of the program, after core strength has been established, 3) following best practices for foot care and tactical pauses along the march, 3) following good hydration/nutrient replacement practices, 4) ensuring individuals Paratroopers have had success at the 12-mile distance first.

Note: Running with rucks leads to injuries… this should **never** be a part of any training Protocol.

7. a Power Ruck

Purpose: Improve movement techniques under load while challenging anaerobic power endurance.

Utilization: Used 1-2X/month in all phases. Best used in conjunction with other Tactical PT Drills (Ex. Casualty Evac)

Execution: The assault pack is the preferred load, as it allows for greater speed of movement; however, other load sizes and configurations may be appropriate depending on the goal of the training.

7.b. Climbs:

Hills and stairwells are the primary options. When using higher intensity effort (stairwells, short hills), go hard for up to 30-seconds, then rest for twice the length of the work. More moderate intensity efforts (longer hills) can last up to three minutes, followed by rest of an equal duration

7.c. Level Terrain:

On level terrain, the increased power demand must come from a heavier pack or faster movement. As mentioned above, the expected mission requirements will dictate pack weight. Work to rest ratios will vary depending on the intensity of the effort. Short, explosive movements such as 3-5 second rushes will require rests periods of at least 2-3X the duration of the rush. Consider using tires, logs, stakes/engineering tape, etc, to set up agility challenges.

7.d. Mixed Terrain:

The principles of Fartlek and Terrain runs can be used for an effective power ruck session. As with Fartlek runs, leaders must be in tune with their mens' stamina and adjust the speed/load accordingly. Moving back and forth from roads, trails, sand, and grassy fields challenges the body's stabilizers. Seek out rolling terrain to further challenge the stabilizing demand. Save the more challenging mixed-terrain power rucks for phase two and three.

8. Swimming:

Purpose: Primarily used as an aerobic workout that provides relative rest for the weight-bearing bones/joints. The principles of interval training can also be applied to swimming or deep-water running (best with an aqua jogger belt) to create an anaerobic workout with little joint stress.

Utilization: Because of the non weight-bearing nature of swimming, it can be performed frequently and is a good choice for a second workout of the day. Leaders should consider swimming as the primary workout of the day on those occasions when the legs need recovery from the previous day's workout or during

recovery weeks. Also an excellent option for Recovery PT programs for injured Troopers.

Execution: For aerobic conditioning, swim at a steady pace for 20-60 minutes. For inefficient swimmers that fatigue easily, a combination of swimming and deep-water running with a flotation vest is a good option. For anaerobic conditioning, there are many variations on interval training for runners that can be applied to the pool.

Running Form

Most discussions of how to improve running center around various workouts designed to improve speed. Often overlooked, however, is the efficiency of running form. Since running form among elite runners can vary significantly, there is a tendency to let the individual find a gait to their liking and leave it alone. Indeed, running is a very fluid, natural act that may be inhibited by over-analysis. However, there are several things runners can do to improve their efficiency without overhauling their natural style. Most runners will find one or two points on which they can improve:

- Head: The head should remain over its base of support – the neck, with the chin neither pointing up or down. Allowing the head to ride forward puts undue strain on the muscles of the upper back.

- Shoulders: The shoulders should assume a neutral posture – neither rounded forward nor forcefully arched backward. Rounding the shoulders forward is the most common fault in everyday posture as well as with running. This is usually associated with tightness of the chest and shoulders. Another problem occurs when the shoulder girdle starts to rise with fatigue or increased effort. This position not only wastes energy, but can also adversely affect breathing.

- Arms: Throughout the arm swing, the elbows should stay at no more than a 90-degree bend. The wrists stay straight and the hands remain loosely cupped. The arm swing should be free of tension, but do not allow the hands to cross the midline of the body.

- Trunk and Pelvis: Like the head, the trunk should remain over its base

of support – the pelvis. A common problem with fatigue is allowing the trunk to get in front of the legs and pelvis. This forces the lower back muscles to spend too much energy resisting further trunk collapse to the front.

- Legs: For distance running, much of the power comes from below the knee. Energy is wasted as the knees come higher and the big muscles around the hips and thighs get involved. Allow gravity to pull the body forward by bending at the ankles while keeping the Head/Shoulders/Hips in line. This helps to naturally lengthen the stride. Lengthening the stride by reaching forward with the front leg will be counterproductive.

- Feet: The feet should be pointing directly forward while running. With fatigue, flat feet, and certain muscle imbalances, the legs and feet will start to rotate outward. This hinders performance and may create abnormal stresses that cause injury.

WORK CAPACITY

Work capacity training is a key Combat training technique. It trains the ability to tolerate a workload and recover sufficiently in the time allotted in order to perform adequately for the next work bout. Think… being ready to continually change pace while being in a 30 min firefight. Most crossfit ideas are based off of this but for less than 15 min. We need to design 30 to 40 min (circuits) of constant work using combat focused tasks. Others are illustrated and implemented as the following:

1. Tabata Intervals: (check out the strength chapter)

2. Stamina Drill:

Stamina can be defined as the capability of sustaining long, stressful effort. It also means staying power.
Purpose: Challenge multiple energy pathways, local muscle endurance, and willingness to fight through fatigue – this is meant to be an exhaustive drill.
Utilization: Due to the overall intensity of the drill, Paratroopers must first establish a moderate to high level of endurance and mastery of the component tasks (PU, pull-ups, lunges, etc) before performing the sequence listed below.
Execution: The order shown below represents a basic sequence that can be used for any number of drills with a similar intent. Alternating upper body, lower body, core, and anaerobic running keeps the cardio-respiratory demand high without exhausting any one movement pattern. For variety or preference, one or more of the upper body, lower body, and core sequences can be replaced by combined movements such as max-height med ball throws, kettle-bell exercises, tire-flips, etc.

1. Run 8-10 minutes at an easy-moderate pace

2. Alternating sets of push-ups and pull-ups/chin-ups/heel claps: 3 sets each; perform as many perfect repetitions as you can, then switch from pushing to pulling and vice versa; take only 10-20 seconds between sets.
3. Lunge Drill: 2 sets of 20 reps on each leg. Within a given set, perform a variety of lunges (forward, rear, diagonal, side, or transitional lunges)
4. Core Work: One to two minutes using a variety of core exercises (med ball slams/wall tosses, 360-core, sit-ups).
5. 300-yard shuttle at a challenging pace (80% effort). Take a two minute walking recovery (hydrate), then repeat.
6. Repeat PU, pull-up/chin-up/heel clap sets x2
7. Repeat Lunge Drill (15 reps each leg)
8. Repeat Core Work
9. Repeat 300-yard shuttle
10. Repeat the muscular endurance drills (PU, pull-ups/chin-ups/heel claps, lunges, core) x1.
11. Run 8-10 minutes at an easy-moderate pace.

3. Medicine Ball Relays:

Purpose: Develop total-body power, agility, and coordination while challenging anaerobic endurance.
Utilization: Paratroopers must first establish a moderate to high level of endurance and mastery of the component tasks (ex. agility training, med ball throws). These drills are best saved for Phase 2 and beyond.
Execution: See individual drills below:

- **One-Bounce Medicine Ball Drill:**
  Perform this drill over a large, flat field of about 100-yard length. One Paratrooper performs a maximal medicine ball (3 or 4kg) throw (backward/overhead), then races forward past his partner to prepare to receive the partner's throw. The partner races ahead to catch the ball on one bounce, then performs the throw. One partner must catch the Med Ball past the 100-yard line and both partners must run to the line. After one catch past the 100-yard line, immediately return in the opposite direction. Attempt to catch the ball from the power stance – do not let momentum from running carry you more than one step past the point where the ball is caught. If the ball is dropped or takes more than one bounce, both partners are penalized (squad leader discretion - 10 seconds added at end or 10 pushups where the ball was dropped).

- **Suicide Relays:**
  Carry the Med Ball while performing suicides over 5, 10, and 20 yards

(same course as Partner Shuttle Drill). Touch the Med Ball to each line. End the 20-yard segment by running through the Start/Finish line, while handing the ball to the partner. Perform 5 reps, then rest 3-5 minutes and repeat.

- **Sand Pit Relays:**
  For this variation, start at one end of a sand pit (size of a beach volleyball court). Run to the other end and back (ducking under the net if one is in place), handing the Med Ball off to the partner. Perform 5-10 reps then rest and repeat.

4. **Partner Shuttle:**

Purpose: Develop local muscle endurance through calisthenics while challenging anaerobic endurance.

Utilization: May be used in all phases as a time-efficient, field-expedient method for training both strength and endurance. It works well as one of three events on days when the Ground Based circuit is performed by the company.

Execution: One partner runs the shuttle course (down and back over 10, 20, and 30-meter segments) while the other performs calisthenics (PU, SU, supine bicycle, pull-ups, etc.) from the muscular endurance session. If fatigue precludes good form, discontinue calisthenics and begin walking for recovery between shuttle runs. This activity is meant to be performed at a high level of intensity. Length of the session is variable based on fitness and the other PT events preceding or following. Generally we start with 6-8 minutes and progress over the phases to longer sessions and/or the addition of kit.

5. Timed Circuits (no less than 20 minutes):

These workouts are conducted for a continuous time period. Timed circuits are only limited by your imagination. Here is an **example** of a work capacity circuit:

Barbell Push Press
Tire Flips

Rope Whips
Weighted Sit Ups
Box Jumps
Tire Pull with Rope (25 meters)

***20 minutes non-stop. Rotate by number of reps or an event complete (i.e.tire pull complete)**

Tactical (Combat Focused) PT

Effective physical training optimizes the ability to meet tactical physical requirements. In nearly all instances, these requirements demand a mix of movement skills, strength, and endurance. Paratroopers should establish good movement skills and a moderate to high level of strength and endurance before attempting O-courses and other very demanding tactical PT activities. Tactical PT events may be used throughout the training cycle, however, they are best used in Phases 2 and 3 due to their higher physical demand and risk for injury. Some recommended activities are:

- Traditional Obstacle Courses (various lengths and configurations)
- Combatives
- Casualty Evacuation Carries/Pulls
- Power Ruck

Use a combination of the above. For example, lay out a course over several miles of varied terrain. Load and distance depend on progression within the training cycle (see below). Place stations 1-2 km apart and include tire flips, litter carries, SKEDCO pulls, sprints, etc.

Avoid overemphasis on any one mode of tactical training. Instead plan out your phased training schedule, to include all events at the appropriate time in the training cycle. See the guidance below to determine the best use of each drill. In addition to these drills, leaders should gradually incorporate other training events in ACUs/Boots/Kit as per the phased guidance below. Don't be scared…
The recommended incorporation by phase is as follows:

Phase 1: The primary purpose of phase one is to lay the foundation for better performance in the later phases. The first session of each tactical drill should be

primarily instructional in nature**.**

- Obstacle Courses: Instructional only (exception: command directed assessments such as the RPAT).
- Combatives: No restrictions
- Casualty Evacuation Carries/Pulls: Best saved for Phases 2 and 3
- Power Ruck: As with the distance running program, leaders should plan a systematic progression of the duration and intensity over the three phases.

Phase 2: In addition to the tactical drills, begin performing other FAW events in ACU/Boots once or twice per week (do not perform the primary runs in boots). After four weeks in this phase, add the IBA/MICH as you see fit…

- Obstacle Courses
- Combatives: No restrictions
- Casualty evacuation carries/pulls: Master the standard carries in ACUs/Boots, and gradually increase your training intensity.
- Power Ruck: Progress duration/intensity systematically

Phase 3: In addition to the phase two guidance, perform the RPAT or the FAW assessments for benchmark fitness monitoring,

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PT Scheduling Guidance

There are many ways to schedule PT over a training/deployment cycle, but all should be developed in accordance with the principles of exercise. Initially for FAW, the phased approach described below was developed with those principles in mind. However, feedback from the battalions has identified some limitations with a pure application of the phased approach.

The most commonly cited issue is the fact that the battalion training cycle often precludes consistent PT during FAW Phase II – precisely when the most important progression of training is recommended. While we still believe the phased model and six-day rotating schedule have value, it is not the only way to vary the physical stress over a given period of time. (For an alternative means of scheduling PT, see "An Option to Phased Scheduling" below.) It is certainly feasible for leaders to apply a phased approach to a different set of timetables. For example, some Paratroopers have suggested deployment as a time when the most challenging strength/power workouts should be scheduled, since there is usually consistent and prolonged gym time. Under such a plan, sustainment, or even further strength development could be maintained during what is now **Phase 1**. Then when the operational training cycle picks up (Phase II), these Paratroopers would then get their relative rest (decreased training volume) from the rigors of strength training…in effect, their recovery period.

Traditional Phased Approach to PT Scheduling*

Phase I – Transition: In the current operational cycle, this phase begins upon return from deployment and ends after four weeks of PT (block leave, etc. does not count). The emphasis is on recovery from deployment. Paratroopers should get therapy for any injuries that linger from deployment. The physical training stress is relatively light during this phase. Squad leaders should use this phase to make sure their men achieve mastery of all the drills. The Functional Movement Screen (FMS) is best conducted during this phase. Initial performance tests may be performed during this phase and repeated in phase three.

Phase II – Foundation: This phase begins immediately after the first phase and runs for about 14 weeks. Leaders should gradually demand more of their men during this phase. More demanding workouts are added as this phase progresses on the assumption that Phase 1 and early Phase 2 laid a good foundation of core strength, movement skills, and endurance. The athletic assessments should be repeated toward the end of this phase.

Phase III – Assessment and Validation: This phase links the second phase and

deployment. It will generally be about 3-4 weeks in length. During this time, leaders must ensure their men are ready for deployment. The RPAT and other performance\ tests should be done during this phase. While training should be tough and realistic, leaders must also take steps to reduce the risk of injury or overtraining.

Phase IV – Sustainment: In the current operational cycle, this is the deployed phase. While on deployment, the goal is to maintain peak physical performance without compromising mission readiness (for example, an exhaustive workout performed before a physically demanding mission).

Depending on the location of deployment and the missions, Paratroopers might be able to use this phase as an opportunity to develop either general strength through gym-based resistance training, or power/power endurance using training modes described in that section of this manual.

*****Read throughout the main text of this section for alternatives to this approach.
The 6-Day Rotating Schedule (see the table below) was designed to accompany the phased approach to training. The rotating schedule allows a battalion to assign the gym to one company per day. Six days were chosen for several reasons: first, it allows a balance of strength emphasis and endurance-emphasis days, though it should be noted that both are usually trained to some degree each day; second, it ensures that within any given 7-10 day period of consistent PT, all the major PT sessions will be conducted; finally, and practically, it allows battalions to dedicate gym or other training space and equipment to one of the six companies for a given PT session. Although it is certainly not the only way to schedule training events, we believe the 6-day rotation strikes a reasonable balance between variety and specificity. It is important that leaders make choices from the 6-day schedule that reflects the objectives of the phases as described above. For example, in Phase 1, the volume of training should be relatively light and the emphasis is on re-verifying mastery of all the drills that might not have been performed during deployment. So, an exhaustive workout like the stamina drill would not be a good choice.

Noteworthy:

- Do not make up a missed PT session(s) because this will often lead to a log jam during equipment-intensive sessions. Just drive on with the scheduled workout.
- Do not choose exclusively from any one menu. The goal is the ability to design specified workouts from a wide range of effective exercises. Always adding to your kit bag!
- Tactical training should occur once per week.
- When weather precludes safe execution of speed & agility, work anaerobic endurance on the road or on cardio equipment. Spending more time on the

fundamentals may be an option… Fury leaders are adaptive and innovative.

- You have to maintain a healthy diet or it will act as a counterbalance to all your hard work. Eat your way to your goals. Diet will make or break your progress so do the right thing ….. Practice self discipline with your diet too!!!

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FAW Assessments

****Note: This section is constantly under revision so be sure to check back to the electronic manual to ensure all assessments are being done to the most recent standard****

Our missions require a broad range of physical attributes that can be grouped into three main categories: **Strength, Endurance, and Movement**. Within each category, the requirement is further defined as follows:

• Strength sufficient for load carriage, IMT, and CASEVAC without physical bulk that detracts from endurance or movement proficiency.

• Endurance sufficient for 1) long-range movement at a relatively low speed and 2) short, explosive movements followed by short rest and then repetition.

• Movement skills sufficient for the safe and effective execution of tasks that require power, agility, balance, and coordination.

These assessments are recorded tools that when used effectively will reward those who progress and punish those who regress. Our assessments are comprehensive self-evaluation and graded on a scale from DUD to STUD. Where do you and your unit fall… duds or studs? Let's find out.

FAW FIT TEST…the "FITT"

Level 1 certification assessment. The "FITT" is performed in two parts: ALPHA & BRAVO. Uniform is shooters choice.

Phase 1: Alpha

- Pull-Ups (Max reps with palms facing away, no kipping; just go until you fall off)
- 12 lengths x 25 meter shuttle run for time
- ATB (Max Reps Ankles to Bar)

5:00 BREAK

Phase 2: Bravo

- 1.5 Mile Run
- 25" Rope Climb
- Tire Flips x 1 minute

BRAVO time begins at 1.5 mile run, time stops when tire crosses 25M mark

*Run distances can be changed (i.e. 1600 meters, 800 meters…)

No grades, no scores…just rankings. Squad of nine will have 1-9, 1 being the best overall performance and 9 being the worst. Post it so people see it and reassess at a later date.

BEEP TEST: The purpose of this test is to measure aerobic endurance.

CONDITIONS: Given two points, marked 20 meters apart, and one beep test audio file/CD.

STANDARDS: Paratrooper waits behind the start line and begins the event at the direction of the audio file/CD. Trooper continuously runs between the two marked points, touching the lines to the recorded beeps. It is not necessary to touch the line with the hands, nor is it necessary for both feet to cross over the line. When Paratrooper fails to make it to a line on a beep twice in a row the test is terminated. The score given is the last level successfully completed. This score can then be used to estimate VO2 Max, a measure of aerobic fitness.

FURY ASSESSMENT TEST (FAT)

Day 1: Army APFT consisting of PU, SU,2 mile run, pull-ups (max reps)

Day 2: Speed/Agility drill for 150 meters (timed lateral, backwards then forward)
- Heel Clappers x max
- Burpee to Pull-up (Chirpees x 1 minute)
- 25lb Sand Bag Get Ups x 5 minutes
- 800 meter Run

All numbers are recorded and posted

Day 2 events can also act alone as an assessment

Pay to play…there are no left and right limits to what you can create and develop using the FAW principles. No more excuses, no more talk only the will to get better. Simple.

The Fury Athlete Warrior website can assist in developing and creating a program designed specifically for you and your goals. Join us and the rest of FAW Nation @ www.furyathletewarrior.org.

“GET AFTER IT”…

\ [i]

[i] References

-GYM Jones.com

-RAW PT Manual v3.0